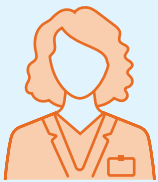


# Give health a head start



## With early detection, breast cancer is becoming easier to beat

Chances are you know someone who has been affected by breast cancer. While it might seem scary, incredible advancements have made early detection easier and treatment more effective.



**Get regular mammograms as recommended by your doctor**



**Perform a breast self-exam once a month**



**Talk to your doctor about changes**

# 1 in 8 women are diagnosed with breast cancer in their lifetime

## 1. Follow your mammogram schedule

Current guidelines recommend a mammogram every two years for individuals ages 40 to 74. If you have a family history or other risk factors for breast cancer, or notice any symptoms or changes in your breasts, you should talk to your doctor about the best screening schedule.

It won't cost you anything out of pocket, either. Preventive screenings are fully covered for women 40 and older.

**Mammograms can help detect breast cancer early, when treatment has a higher rate of success.**

## 2. Perform breast self-exams once a month

A quick, monthly check allows you to take your health into your own hands. It can help you understand the normal consistency and appearance of your breasts, so you can more easily recognize changes that might indicate breast cancer. Self-exams can be performed in the shower, in front of a mirror, or lying down. If you see or feel something unusual, let your doctor know immediately.

**Set a monthly reminder on your phone for self-exams so you don't forget.**

## 3. Talk to your doctor about changes

There can be many causes for changes to your body, so don't panic. But anytime you notice a change, discuss it with your doctor. Signs to look for include:

- Nipple tenderness
- A lump or thickening of the tissues in or near the breast or armpit
- Unexplained changes in size or shape
- A change in skin texture, such as more noticeable pores around the breast
- Milky discharge that is not associated with breastfeeding
- Dimpling of the breast
- An inward or inverted nipple
- Scaly, red, or swollen skin around the breast or nipple

**Remember: The only way we'll beat breast cancer is by facing it.**

**Talk to your doctor. Check yourself monthly.**

**Schedule regular mammograms.**

Turn to Excellus BlueCross BlueShield for more resources on breast cancer detection and awareness. Because when women have the care and support they need to make health a priority, **everybody benefits.**

Excellus 

**Everybody Benefits**

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Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros. 注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式

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